CLAIMS

1. A support structure for selectively elevating a first portion of an exercise machine, comprising:

a) a base member; and

b) a first platform configured for supporting a first selected portion of an exercise machine, said first platform coupled to said base member and movable between a first position in which said first platform is generally level with said base member and a second position in which said first platform is elevated relative to said base member.

2. The support structure of claim 1 further comprising a locking mechanism to secure said first selected portion of said exercise machine to said first platform.

3. The support structure of claim 1 further comprising a second platform configured for supporting a second selected portion of said exercise machine, said second platform coupled to said base member and movable between a first position in which said second platform is generally level to said base member and a second position in which said second platform is elevated relative to said base member.

4. The support structure of claim 3 further comprising a locking mechanism to secure said second selected portion of said exercise machine to said second platform.

5. The support structure of claim 3 wherein, in said respective second positions, said first platform is elevated a first distance above said base member and said second platform is elevated a second distance above said platform and wherein said second distance is approximately twice said first distance.

6. The support structure of claim 3 further comprising a support lever to alternately elevate said first and second platforms such that, when said first platform is in said second position, said second platform is in said first position and, when said second platform is in said first position, said second platform is in said first position.

7. The support structure of claim 3 and further comprising a support lever having first and second ends, said first platform attached to said first end of said support lever and said second platform attached to said second end of said support lever.

8. The support structure of claim 7 wherein said support lever is pivotally coupled to said base member.

9. The support structure of claim 8 wherein said support lever is comprised of a first portion which includes said first end and a second portion which includes said second end, said first portion of said support lever having a juncture with said second portion of said support lever which defines an obtuse angle.

10. The support structure of claim 9 wherein said angle can be adjusted.

11. The support structure of claim 3 wherein the position of the first and second platform can be adjusted and maintained at a plurality of elevations between generally level to said base member and fully elevated relative to said base member.

12. A multi-planar rowing machine, comprising:

a. a rail member;

b. a support structure coupled to said rail member, said support structure supporting said rail member above a surface, said support structure movable between a first position in which said rail member is generally parallel to said surface and a second position in which said rail member is in a declined position relative to said surface.

13. A multi-planar rowing machine of claim 12 wherein said support structure is movable between a first position in which said rail member is generally parallel to said surface and a second position in which said rail member is in an inclined position relative to said surface.

14. An exercise protocol for use with a rowing machine supported on a surface, comprising:

a. performing at least one stroke in a first plane; and

b. performing at least one stroke in a second plane;

c. wherein each one of said first and second planes are not parallel with said surface.

15. The exercise protocol of claim 14 wherein said first plane has a first angle of inclination relative to said surface and said second plane has a second angle of inclination relative to said surface.

16. The exercise protocol of claim 14 wherein said first plane has a first angle of declination relative to said surface and said second plane has a second angle of declination relative to said surface.

17. The exercise protocol of claim 14 wherein said first plane has a first angle of inclination relative to said surface and said second plane has a first angle of declination relative to said surface.

18. The exercise protocol of claim 14 wherein said first plane has a first angle of declination relative to said surface and said second plane has a first angle of inclination relative to said surface.

19. An exercise protocol for an exercise apparatus, comprising:

a. selecting a stroke axis from a group consisting of an inclined stroke axis and a declined stroke axis; and

b. performing a rowing motion in said selected stroke axis using an exercise apparatus.

20. The exercise protocol of claim 19 further comprising:

a. selecting a pull phase from a group consisting of a low-pull phase, a mid-pull phase and a high-pull phase;

b. wherein said rowing motion is comprised of said selected pull phase and a flex phase.

21. The exercise protocol of claim 20 further comprising:

a. selecting a wrist position from a group consisting of a wrists-up position and a wrists-down position;

b. wherein a portion of said rowing motion is performed in said selected wrist position.

22. The exercise protocol of claim 20 further comprising:

a. selecting a foot position from a group consisting of a heels-up position, a toes-up position and a heels-up/toes-up position;

b. wherein a portion of said rowing motion is performed in said selected foot position.

23. The exercise protocol of claim 20 further comprising:

a. selecting a foot position from a group consisting of a toes-in position and a toes-out position;

b. wherein a portion of said rowing motion is performed in said selected foot position.